



## Yoga and Mindfulness Retreat

Join Kari and Silke for a yoga and mindfulness retreat in Upper Bavaria in the beautiful spa town of Bad Kohlgrub. Bad Kohlgrub has been a popular destination for retreats, spiritual seekers and nature lovers for many years. This retreat offers 2 classes per day, both Jivamukti yoga classes (in English) and sessions to introduce students to Mindful Meditation techniques as developed by Jon Kabat-Zinn/MBSR (in German). This is a great opportunity for those wishing to complement their yoga practice with practical tools to address and reduce stress while also enjoying the spa and surrounding areas.

Kari and Silke are Jivamukti Yoga Teachers,  
Silke also is Mindfulness Trainer MBSR and psychologist

Time and Place September 3-6 at Haus Ammertal/Bad Kohlgrub

Cost\* 450/460/470 € (Single/Double/Triple)—including training, accomodation and food

Registration [www.haus-ammertal.de](http://www.haus-ammertal.de)

\* Early Bird discount 10% if registered until June 30



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with Kari and Silke  
Sept 3-6 2015  
at Haus Ammertal/Bad Kohlgrub

FOR MORE PLEASE ALSO SEE [www.karizabel.com](http://www.karizabel.com) AND [www.paxyoga.de](http://www.paxyoga.de)

